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- [**2016 Bhante Vimalaramsi Journey to TWIM and the Missing Step to Meditation**](#)

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In this segment Bhante Vimalaramsi talks about how he discovered the method of Tranquil Wisdom Insight Meditation. He took the Majjhima Nikaya, the earliest Buddhist teachings and words of the Buddha, to Thailand and spent 3 months in a cave with a cobra as a roommate, trying for himself the

meditation just as it was written in the suttas, adding the missing step he found. Hint - the word is 'Tranquilize'.

He went into the suttas to find what was missing. He found it.

Recorded: 5-14-16

Where: DSMC

Talk by Bhante Vimalaramsi

Abbot - Dhamma Sukha Meditation Center

<http://www.dhammasukha.org/> for more information on retreats

New Book on TWIM and all of the instructions and experiences all the way to Nibbana itself!

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- [A 9 Day Online Retreat Video Talk Series Play all](#)


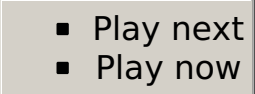

Watching this playlist in order for 9 days will be like you are there with Bhante listening to the 6pm Dhamma Talk. These talks are in the order, by the day, he gives them, so the if you are on retreat you can listen to one of them per day in order. This may used with your "online" retreat. Please note some are rather long and if you have a time constraint then just stop where the Q& A begins.

◦  49:58  

[Joshua Tree 4 2009 Orientation and Beginning Instructions](#) - Duration: 49 minutes.

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[2015 Day 2 Easter Retreat 2 "Removing Distractions" MN2](#) - Bhante Vimalarmasi - Duration: 1 hour, 30 minutes.

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[2016 Anupada Sutta MN 111 *Excellent Talk on Jhanas and the Attainment of Nibbana](#) - Duration: 1 hour, 17 minutes.

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[MN 38 The Greater Discourse on the Destruction of Craving - ER1 Day 5 20-Apr 20, 2014](#) - Duration: 1 hour, 48 minutes.

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Joshua Tree 7 A 9 day retreat given by Bhante Vimalaramsi March 2012.

Audio files of these talks are available at:




<http://www.dhammasukha.org/Study/jt-7.htm>

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[Joshua Tree 7 Day 3 MN 111 18-Mar-12](#) - Duration: 1 hour, 57 minutes.

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[Joshua Tree 7 Day 4 MN 38 19-Mar-12](#) - Duration: 2 hours, 13 minutes.

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[Joshua Tree 7 Day 5 MN 148 20-Mar-12 Sister Khema Reads](#) - Duration: 1 hour, 6 minutes.

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[Joshua Tree 7 Day 6 MN 128 Upakkilesa Sutta - Imperfections](#) - Duration: 2 hours, 3 minutes.

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[Joshua Tree 7 Day 8 MN 152 23-Mar-12](#) - Duration: 1 hour, 40 minutes.

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[Joshua Tree 7 Day 9 Metta in Daily Life 24-Mar-12](#) - Duration: 1 hour, 43 minutes.




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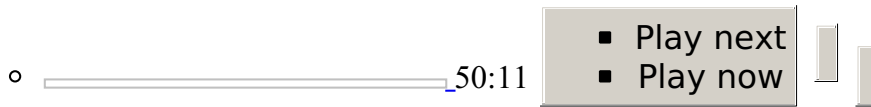
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[2017 Guided Forgiveness Meditation with Instructions](#) - Duration: 19 minutes.

[Bhante Vimalaramsi](#)

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This is a guided meditation - with instructions on the Forgiveness Meditation practice as taught by Bhante Vimalaramsi in his book "Guide to Forgiveness Meditation" 20min



[2016 Dhamma Discussion Bhante V and Punnaji Part 2](#) - Duration: 50 minutes.

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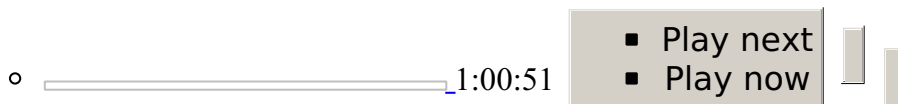
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Bhante Vimalaramsi and Punnaji discuss Dhamma at the Dhamma Sukha Meditation Center June 2016.

Part 2 Covered:Â Â

40 Kinds of MeditationW...



[2016 Dhamma Discussion Bhante V and Punnaji Part 1](#) - Duration: 1 hour.

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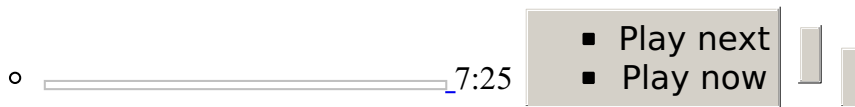
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Bhante Vimalaramsi and Punnaji discuss Dhamma at the Dhamma Sukha Meditation Center June 2016.

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What is the definition of Sama...



[Brief Loving-kindness / Metta Instructions](#) - Duration: 7 minutes, 25 seconds.

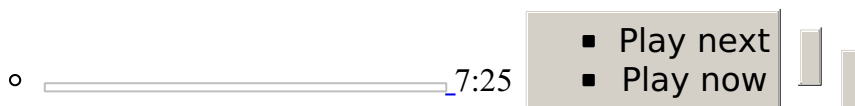
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These are the instructions for loving-kindness meditation for beginners. These are directions from the suttas adding the tranquilize ste...



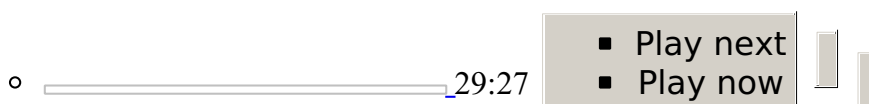
[Brief Beginning Lovingkindness Meditation Instructions -The Way to Awakening](#) - Duration: 7 minutes, 25 seconds.

[Bhante Vimalaramsi](#)

- 1 month ago
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This is a short instruction guide for mindfulness of Lovingkindness. Beginners to the practice will find it useful. The full text is below.

Begin your journey to awakening by starting here! Lovin...



[BV-Interview-3 Q&A Why Meditate, Power of Precepts, why TWIM Works](#) - Duration: 29 minutes.

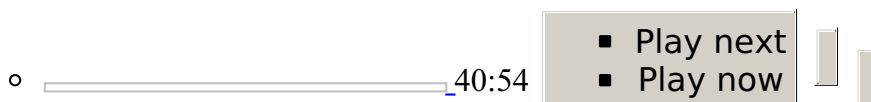
[Bhante Vimalaramsi](#)

- 4 months ago
- 697 views

David Johnson interviews Bhante Vimalaramsi and asks some general questions.

Why meditate? What does this do for me.
What precepts do and why you have to maintain them.
Why and how TWIM works.

D...



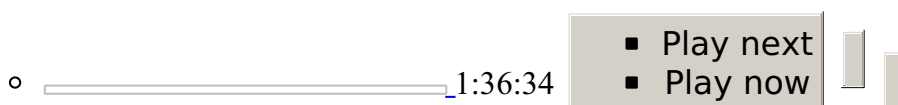
[BV-Interview-2 Wrong Mindfulness? - Craving? Two Types of Jhana? Concentration vs Aware Jhana](#) - Duration: 40 minutes.

[Bhante Vimalaramsi](#)

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- 991 views

David Johnson interviews Bhante Vimalaramsi on two important subjects. What is Mindfulness? A new definition based on the suttas is given based on the Satipatthana Sutta.

Based on this new defin...

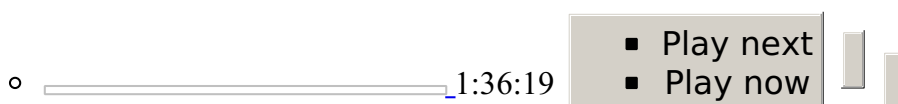


[Interview-1 - Bhante Vimalaramsi -Personal Journey - New definition of Mindfulness? Nibbana](#) - Duration: 1 hour, 36 minutes.

[Bhante Vimalaramsi](#)

- 4 months ago
- 1,375 views

Bhante Vimalaramsi is interviewed by senior student David Johnson about his personal journey of awakening. Also Bhante's many unique views are probed in this 1 1/2 hr discussion of Bhante's views a...



[Interview - Bhante Vimalaramsi -His Personal Journey - What is Mindfulness? What are Jhanas? How do](#) - Duration: 1 hour, 36 minutes.

[Bhante Vimalaramsi](#)

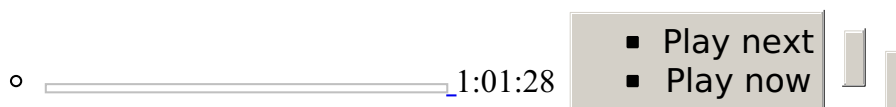
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Bhante Vimalaramsi is interviewed by senior student David Johnson (Author - The ...



[2017 Mn 43 Mahavedalla Sutta](#) - Duration: 1 hour.

[Bhante Vimalaramsi](#)

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Greater Series of Questions and Answers

Many deeper dhamma issues.

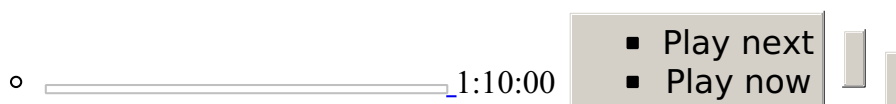
Recorded: Aug 16, 2017

Where: DSMC

Talk by Bhante Vimalaramsi

Abbot - Dhamma Sukha Meditation Center

<http://www.dhammasukha.org/...>



[2017 Mn140 / 62 Exposition of the Elements and advice to Rahula](#) - Duration: 1 hour, 10 minutes.

[Bhante Vimalaramsi](#)

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- 430 views

Dhatuvibangha Sutta

Recorded: Aug 11, 2017

Where: DSMC
Talk by Bhante Vimalaramsi
Abbot - Dhamma Sukha Meditation Center
<http://www.dhammasukha.org/>
<http://www.dhammasukha.org/retreat-at-dsmc.html...>

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